

OPTIONAL INFORMATION	
Name of School:	Date of Inspection:
Vocational Program/Course/Room:	Signature of Inspector:

PORTABLE LADDERS FOR CONSTRUCTION SELF INSPECTION CHECKLIST

Guidelines: This checklist covers some of the regulations issued by the U.S. Department of Labor - OSHA under the Construction standards 29 CFR 1926.1050 to 1926.1060 which were adopted by reference. It applies to portable ladders used at temporary work sites associated with construction, alteration, demolition and/or repair work including painting and decorating. Definitions of underlined terms are provided at the end of the checklist to help you understand some of the questions.

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| 1. Are ladders or stairways provided at all personnel points of access where there is a break in elevation of 19 inches or more, and no ramp, runway, sloped embankment, or personnel hoist is provided? [29 CFR 1926.1051(a)] | Y N N/A DK |
| 2. Is a ladder training program provided by a competent person that teaches users to recognize hazards related to ladders and the procedures to be followed to minimize these hazards? [29 CFR 1926.1060(a)] | Y N N/A DK |
| 3. Is ladder retraining provided when it is necessary to maintain the understanding and knowledge needed to use ladders safely? [29 CFR 1926.1060(b)] | Y N N/A DK |

Comments/Corrective Action

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

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| 4. | Are ladders capable of supporting the load they are expected to carry? [29 CFR 1926.1053(a)(1)] | Y N N/A DK |
| 5. | Are ladder rungs, <u>cleats</u> , and steps parallel, level, and uniformly spaced when the ladder is in position for use? [29 CFR 1926.1053(a)(2)] | Y N N/A DK |
| 6. | Are rungs, <u>cleats</u> , and steps of portable ladders (other than <u>step stools</u> and <u>extension trestle ladders</u>) spaced not less than 10 inches apart, nor more than 14 inches apart, as measured between center lines of the rungs, <u>cleats</u> , and steps? [29 CFR 1926.1053(a)(3)(i)] | Y N N/A DK |
| 7. | Are rungs, <u>cleats</u> , and steps of <u>step stools</u> not less than 8 inches apart, nor more than 12 inches apart, as measured between center lines of the rungs, <u>cleats</u> , and steps? [29 CFR 1926.1053(a)(3)(ii)] | Y N N/A DK |
| 8. | Are rungs, <u>cleats</u> , and steps of the base section of <u>extension trestle ladders</u> not less than 8 inches nor more than 18 inches apart, as measured between center lines of the rungs, <u>cleats</u> , and steps? [29 CFR 1926.1053(a)(3)(iii)] | Y N N/A DK |
| 9. | Are rungs, <u>cleats</u> , and steps of the extension section of <u>extension trestle ladders</u> not less than 6 inches nor more than 12 inches apart, as measured between center lines of the rungs, <u>cleats</u> , and steps? [29 CFR 1926.1053(a)(3)(iii)] | Y N N/A DK |
| 10. | Is the minimum clear distance between side rails for all portable ladders 11 1/2 inches? [29 CFR 1926.1053(a)(4)(ii)] | Y N N/A DK |

Comments/Corrective Action

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

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| 11. | Are the rungs and steps of portable metal ladders corrugated, knurled, dimpled, coated with skid resistant material, or otherwise treated to minimize slipping? [29 CFR 1926.1053(a)(6)(ii)] | Y | N | N/A | DK |
| 12. | Are ladders prohibited from being tied or fastened together to provide longer sections unless they are specifically designed for such use? [29 CFR 1926.1053(a)(7)] | Y | N | N/A | DK |
| 13. | Is there a metal spreader or locking device provided on each stepladder to hold the front and back sections in an open position when the ladder is being used? [29 CFR 1926.1053(a)(8)] | Y | N | N/A | DK |
| 14. | Are ladder surfaced so as to prevent injury from punctures or lacerations, and to prevent snagging of clothing? [29 CFR 1926.1053(a)(11)] | Y | N | N/A | DK |
| 15. | Are wood ladders not coated with any opaque covering, except for identification or warning labels which may be placed on one face only of a side rail? [29 CFR 1926.1053(a)(12)] | Y | N | N/A | DK |
| 16. | Do portable ladders extend at least 3 feet above the upper landing surface to which the ladder is used to gain access? [29 CFR 1926.1053(b)(1)] | Y | N | N/A | DK |

Note: As an alternative, the ladder may be secured at its top to a rigid support that will not deflect, and a grasping device, such as a grabrail, must be provided to assist users in mounting and dismounting the ladder. In no case shall the extension be such that ladder deflection under load would, by itself, cause the ladder to slip off its support.

Comments/Corrective Action

**PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST**

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| 17. | Are ladders maintained free of oil, grease, and other slipping hazards? [29 CFR 1926.1053(b)(2)] | Y | N | N/A | DK |
| 18. | Are ladders not loaded beyond the maximum intended load for which they were built, nor beyond their manufacturer's rated capacity? [29 CFR 1926.1053(b)(3)] | Y | N | N/A | DK |
| 19. | Are ladders only used for the purpose for which they were designed? [29 CFR 1926.1053(b)(4)] | Y | N | N/A | DK |
| 20. | Are non-self supporting ladders used at an angle such that the horizontal distance from the top support to the foot of the ladder is approximately one-quarter of the working length of the ladder (the distance along the ladder between the foot and the top support)? [29 CFR 1926.1053(b)(5)(i)] | Y | N | N/A | DK |
| 21. | Are ladders only used on stable and level surfaces unless secured to prevent accidental displacement? [29 CFR 1926.1053(b)(6)] | Y | N | N/A | DK |
| 22. | Are ladders not used on slippery surfaces unless secured or provided with slip-resistant feet to prevent accidental displacement? [29 CFR 1926.1053(b)(7)] | Y | N | N/A | DK |

Note: Slip-resistant feet shall not be used as a substitute for care in placing, lashing, or holding a ladder that is used upon slippery surfaces including, but not limited to, flat metal or concrete surfaces that are constructed so they cannot be prevented from becoming slippery.

Comments/Corrective Action

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

23. Are ladders secured to prevent accidental displacement when placed in any location where they can be displaced by workplace activities or traffic? [29 CFR 1926.1053(b)(8)] Y N N/A DK

Note: As an alternative, a barricade may be used to keep the activities or traffic away from the ladder.

24. Is the area around the top and bottom of ladders kept clear? [29 CFR 1926.1053(b)(9)] Y N N/A DK
25. Is the top of a non-self-supporting ladder placed with the two rails supported equally unless it is equipped with a single support attachment? [29 CFR 1926.1053(b)(10)] Y N N/A DK
26. Is moving, shifting or extending of ladders while occupied prohibited? [29 CFR 1926.1053(b)(11)] Y N N/A DK
27. Do ladders have nonconductive siderails if they are used where they could contact exposed energized electrical equipment? [29 CFR 1926.1053(b)(12)] Y N N/A DK
28. Is standing on the top or top step of a stepladder prohibited? [29 CFR 1926.1053(b)(13)] Y N N/A DK
29. Is climbing on the cross-bracing on the rear section of stepladders prohibited unless the ladder is designed and provided with steps for climbing on both front and rear sections? [29 CFR 1926.1053(b)(14)] Y N N/A DK
30. Are ladders inspected by a competent person for visible defects on a periodic basis and after any occurrence that could affect their safe use? [29 CFR 1926.1053(b)(15)] Y N N/A DK

Comments/Corrective Action

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

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| 31. Are portable ladders with structural defects, such as, but not limited to, broken or missing rails, corroded components, or other faulty or defective components, either immediately marked in a manner that readily identifies them as defective, or tagged with "Do Not Use" or similar language, or withdrawn from service until repaired? [29 CFR 1926.1053(b)(16)] | Y N N/A DK |
| 32. Are ladders repaired to a condition meeting its original design criteria, before the ladder is returned to use? [29 CFR 1926.1053(b)(18)] | Y N N/A DK |
| 33. Do all ladder users face the ladder when ascending or descending the ladder? [29 CFR 1926.1053(b)(20)] | Y N N/A DK |
| 34. Do all ladder users use at least one hand to grasp the ladder when progressing up and/or down the ladder? [29 CFR 1926.1053(b)(21)] | Y N N/A DK |
| 35. Is carrying of any object or load prohibited that could cause the ladder user to lose balance and fall? [29 CFR 1926.1053(b)(22)] | Y N N/A DK |
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Definitions:

Cleat means a ladder crosspiece of rectangular cross section placed on edge upon which a person may step while ascending or descending a ladder.

Extension trestle ladder means a self-supporting portable ladder, adjustable in length, consisting of a trestle ladder base and a vertically adjustable extension section, with a suitable means for locking the ladders together.

Comments/Corrective Action

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

Step stool (ladder type) means a self-supporting, foldable, portable ladder, nonadjustable in length, 32 inches or less in overall size, with flat steps and without a pail shelf, designed to be climbed on the ladder top cap as well as all steps. The side rails may continue above the top cap.

PORTABLE LADDERS FOR CONSTRUCTION
SELF INSPECTION CHECKLIST

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